

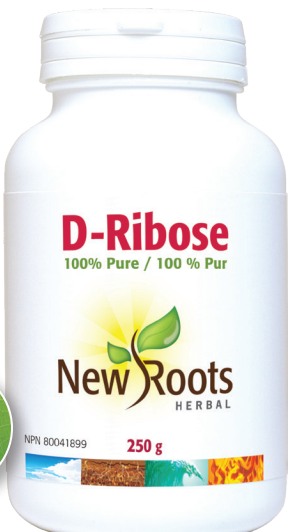
D-Ribose

Energy and endurance



- Complements creatine
- Helps maintain ATP production

Tested in our
ISO 17025
Accredited Laboratory



newrootsherbal.com



D-Ribose



D-Ribose is a simple carbohydrate molecule found in every cell of the human body. Physical stress can increase the loss of nucleotides (such as ATP, ADP, and AMP) from the heart and skeletal muscles. D-Ribose is critical in the continuous production of ATP, the molecule which gives our muscles and our hearts the energy they need to perform. Ribose metabolizes into 5-phosphoribosyl-1-pyrophosphate (PRPP), which is a rate-limiting substance used in the synthesis of nucleotides. D-Ribose supports energy production at the cellular level, faster muscle recovery time, and endurance.

All muscles in the body rely on a constant supply of ATP for the energy they need to function properly. When we place great energy demands on our hearts or skeletal muscles through intense physical exercise, our muscles' oxygen demands often exceed what the arterial blood can supply. This oxygen deprivation leads to a drastic decrease in muscle ATP/energy levels. Studies have shown that muscle ATP stores can be decreased by as much as 60–70% following exhaustive exercise, and that it can take over 72 hours for these ATP stores to be adequately replenished. During this recuperation period, muscular strength and endurance may be greatly diminished.

D-Ribose has been shown to dramatically enhance the rate at which ATP is replenished in the muscles, decreasing the recovery time from 72 hours to as little as 12 hours! Imagine training a muscle group intensely and, in as little as half a day, that muscle group having the energy stores available to perform at 100%.

The benefits of D-ribose supplementation are suitable for everyone, from the serious athlete to the person who has suffered a temporary traumatic loss of blood flow to the heart (a heart attack).

D-Ribose is absorbed very efficiently, with 95% of what you consume being delivered to the bloodstream. D-Ribose will have no effect on heart rate or blood pressure, and it should be taken approximately one hour before exercise as well as immediately after. D-Ribose, when taken with creatine monohydrate, may prove to have a synergistic/powerful effect on muscle strength, endurance, and recovery. As with any dietary supplement, results will vary from individual to individual.

Each teaspoon contains approximately:

D-Ribose (100% pure) 5 g
NPN 80041899 · P0257

Suggested use:

Adults: Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 8 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

HP0294

